

Township of

HAMILTON



Volume 14, Issue 1

SENIOR CENTER NEWSLETTER

WINTER 2014

MESSAGE FROM THE MAYOR

Dear Neighbor,

I hope you were able to enjoy the happiness of the holiday season with family, friends and loved ones and are already off to the beginning of a happy, healthy and prosperous New Year.



Mayor Kelly Yaede is shown with attendees at September's Senior Center Picnic.

Hopefully, over the past few weeks, you received a copy of the 2015 Township Calendar delivered to your home. It is a great source of information, notices and reminders for the entire year.

Starting in January, be sure to find out more information about the many health and wellness classes that will be taking place at our Hamilton Township Senior Center, including spin bike classes, yoga, chair exercise classes, swim exercise classes and much more.

In February, do not miss the Fire and Ice Dinner Dance Party, which take place on the evening of Thursday - February 19th (SnowDate: 2/26/15).

And when March arrives, be sure to find out more details on our Saint Patrick's Day celebration on Tuesday - March 17th at our Senior Center.

I look forward to seeing you at our Senior Center during the coming weeks.

Sincerely,

Kelly Yaede, Mayor

Accredited by 
National Institute of
Senior Centers

DATES TO REMEMBER

January 1

Center Closed
Happy New Year!

January 5

Bereavement Group

January 19

Center Closed
Martin Luther King Jr. Day

January 20

RWJ - Carotid Screening

January 28

RWJ - Treatment for Imbalance

February 2

SuperBowl Wrap Up
Bereavement Group

February 6

Wear Red Day

February 13 & 16

Center Closed
Presidents Day Holiday

February 19

Fire & Ice Party
SnowDate: 2/26/15

March 11

Atlantic City Trip - Tropicana

March 12

CHS - Sleep Program

March 17

St. Patrick's Day Bash

March 19

Canvas Painting Class

**Hamilton Township
Senior Center
409 Cypress Lane
Hamilton, NJ 08619
(609) 890-3686
(609) 588-8074 Fax**

Hours:

**Monday, Tuesday, Wednesday, Friday
8:00 a.m. - 4:00 p.m.
Thursday
8:00 a.m. - 7:00 p.m.**

KELLY A. YAEDE, MAYOR

**Martin Flynn
Director of Health, Recreation,
Senior & Veteran Services**

**Kathleen M. Fitzgerald, R.N., BSN
Supervisor of Senior & Veteran Services**

**Visit us on the web at
www.hamiltonnj.com**

To become a member of our center, you must be 60 years of age and a resident of Hamilton Township, Mercer County, New Jersey. Proof of residency is required.

**HAMSTAT
HAMILTON'S ONE CALL CENTER**

CALL 586-0311 FOR:

- ♦ **Garbage Collection**
- ♦ **Potholes**
- ♦ **Building Permits**
- ♦ **Parks & Recreation Programs**
- ♦ **Township Events**
- ♦ **Dog Licensing**
- ♦ **Tax Information**



Attention:

If you are able to speak, read or write in another language, and would be willing to help non-English speaking members navigate our facility, please let us know at the front office. As our number of members continue to grow we would like to accommodate everyone with our events and activities. Thank you.

The Hamilton Township Senior Center is an Adult Social and Recreational Facility. All members must be able to physically and mentally care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

SENIOR CENTER CLOSED

**Thursday - January 1st
Happy New Year!**

**Monday - January 19th
Martin Luther King Jr. Day**

**Friday - February 13th
&**

**Monday - February 16th
Presidents Day Holiday**

HAMILTON TOWNSHIP COUNCIL

**Ileana Schirmer
Dennis Pone
Edward Gore
David Kenny
Kevin Meara**



DON'T MISS THESE EVENTS!

Splash Fitness

RWJ@Hamilton

Presents:

CAROTID SCREENING

WHEN: Tuesday - January 20th

TIME: 9:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

A RWJ nurse will be at the center this date to listen to your carotid arteries with a Doppler Stethoscope, share the results and provide information. Blood pressure screening will also be provided.

SEE SIGN UP SHEET IN HALLWAY TO MAKE AN APPOINTMENT FOR THIS DAY OR CALL 890-3686 TO REGISTER.

When: Tuesday & Thursday

Time: 9:00 - 10:00 AM

Where: Senior Center Indoor Swimming Pool

Cost: \$3.00 (Register @ Front Desk)

Join the Splash Fitness Class at the Senior Center! Enjoy our indoor swimming pool while exercising to music & meeting new friends. Locker room accommodations are provided and are located in our fitness room.

**LIFEGUARD ON DUTY
NO JUMPING/NO DIVING
Cash Only Accepted**

Atlantic City Bus Trips

RWJ@Hamilton

Presents:

DIZZINESS, VERTIGO & IMBALANCE

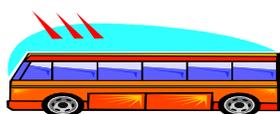
WHEN: Wednesday - January 28th

TIME: 10:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

Individuals with a history of vertigo or dizziness usually regain balance with an accurate diagnosis and appropriate treatment and rehabilitation exercises. Please join Lorraine Sgarlato, Audiologist to learn more about this topic.

SEE SIGN UP SHEET IN MAIN HALLWAY OR CALL 890-3686 TO REGISTER.



Wednesday March 11th Tropicana

Depart Senior Center: 9:00 AM

Depart Casino: 5:00 PM

Tickets will be on sale *approximately* one month before the scheduled trip. Look for the flyers on the trip table in the hallway! Bus departs from senior center parking lot.

Any questions, call 890-3686.

SuperBowl Wrap-up

WHEN: February 2nd

WHERE: Main Dining Room

MAKE SURE TO ENTER **"GUESS THE SUPERBOWL SCORE CONTEST"**. ENTRY FORMS WILL BE AT THE NUTRITION DESK. WINNER WILL RECEIVE A SMALL PRIZE THIS DAY. DON'T FORGET TO WEAR YOUR TEAM COLORS OR JERSEY THIS DAY!! WINNER WILL BE ANNOUNCED THIS MORNING IN THE MAIN DINING ROOM.

NATIONAL WEAR RED FOR WOMEN

WHEN: FRIDAY - FEBRUARY 6TH

FEBRUARY 6th MARKS THE NATIONAL WEAR RED DAY FOR WOMEN. THE AMERICAN HEART ASSOCIATION ENCOURAGES PEOPLE TO WEAR RED CLOTHING AND RAISE AWARENESS IN SUPPORT OF ALL WOMEN WHO HAVE BEEN DIAGNOSED WITH CARDIOVASCULAR DISEASE.

A REPRESENTATIVE FROM THE AMERICAN HEART ASSOCIATION WILL BE ACCEPTING DONATIONS THIS MORNING IN THE MAIN DINING ROOM.



AARP INCOME TAX ASSISTANCE

WHEN: EVERY TUESDAY
STARTING : FEBRUARY 3rd

TIME: BY APPOINTMENT ONLY:
8:30AM - 2:30PM

WHERE: ALL PURPOSE ROOM

CALL: 890-3686 TO MAKE AN APPOINTMENT
OR SEE FRONT DESK

AARP TRAINED REPRESENTATIVES WILL BE AT THE SENIOR CENTER TO ASSIST SENIORS WITH FREE INCOME TAX PREPERATIONS. YOU MUST SET UP AN APPOINTMENT FOR THIS SERVICE. PLEASE BRING ALL INCOME DOCUMENTS WITH YOU TO YOUR APPOINTMENT.

Fire & Ice Party

When: Thursday - February 19th
SnowDate: 2/26/15

Time: 4:30 - 7:30 PM

Where: Main Dining Room

Members \$8.00

Adult Guest \$8.00

See Front Desk

Come to cool down with friends for a nice pasta buffet dinner, and then get fired up to dance the rest of the evening with Rick & Kenny for our very first Fire & Ice Party! .Don't miss the party of the year!

Tickets Available:

Wednesday - January 21st

St. Patrick's Day

Bash

WHEN: Tuesday - March 17, 2015

TIME: 3:30 PM - 6:30 PM

WHERE: Main Dining Room

TICKETS: \$ 8.00 Each (*Members Only*)

Come be Irish for the day at our St. Patrick's Day Bash! Dance to the sounds of Meg Hanson and her gang. Enjoy a delicious corned beef buffet dinner while celebrating with friends. Don't miss it!

Tickets on Sale: Friday - February 20th !!



WINTER CLOSINGS

IN CASE OF SOME SNOW AND WINTER WEATHER, TUNE INTO 101.5 FM RADIO STATION AND LOCAL NEWS TV CHANNELS TO BE NOTIFIED IF THE SENIOR CENTER AND OTHER MUNICIPAL BUILDINGS WILL BE CLOSED OR HAVE A DELAYED OPENING. THE STATION WILL INDICATE THE SENIOR CENTER AS BEING "HAMILTON TOWNSHIP MUNICIPAL OFFICES." YOU CAN VISIT OUR WEBSITE www.hamiltonnj.com FOR INFORMATION.



Capital Health Systems

Presents:

Tips for a Good Night's Sleep

When:: Thursday - March 12, 2015

Time: 4:00 - 5:00 PM

Where: All Purpose Room

Join Dr. Zozula, Sleep Doctor with Capital Health to get Tips for a Good Night's Sleep. Learn about how watching TV and using electronic devices before bed disrupt your rest. If you sleep with assistance from a machine, she can also help answer any questions you have about that.

See Sign up Sheet in Main Hallway!!

Canvas Painting Class

When: Thursday - March 19th

Time: 4:30PM

Where: All Purpose Room

Cost: \$20.00 Per Class
(All Supplies Provided)

Enjoy an afternoon with Ellen from the Green Lace Lion (Olde Mill Allentown, NJ) for a session of canvas painting at the senior center and bring home your masterpiece!! Feel free to bring a dish of snacks or refreshments to share!! (alcohol not permitted)

REGISTER AT FRONT DESK!!

PROGRAMS & ACTIVITIES

AVAILABLE AT THE SENIOR CENTER

BALLROOM DANCING	FRIDAY	10:00AM	\$5.00 Per Class
BILLIARDS	MON-FRI	ALL DAY	
BINGO	MON-FRI	9:00 - 11:00 AM	
	MON & THURS	1:00 PM	
BOCCE	MON-FRI	ALL DAY	
CARDS	MON-FRI	ALL DAY	
CHAIR EXERCISE	TUESDAY	10:00 AM	
	WEDNESDAY	9:00 & 10:00 AM	
	THURSDAY	2:00 PM	
	FRIDAY	9:00 AM	
CHORAL GROUP	TUESDAY	1:00 PM	
COMPUTER CLASS	CLASSES OFFERED SPRING & FALL		
CORNHOLE	WEDNESDAY	1:00 PM	
DAILY BREAD	WEDNESDAY	10:00 AM	
DOMINOES	WEDS&FRI	1:00 PM	
LINE DANCING	MON & THURS	9:00 AM	Beginner Class
		10:00 AM	
MAH JONGG	WEDNESDAY	1:00 PM	
NUTRITION PROGRAM	MON - FRI	8:30 AM -12PM	609-586-7272
PING PONG	MON-FRI	ALL DAY	
SCRABBLE	WEDNESDAY	1:00 PM	
SPIN BIKE	TUESDAY	1:30 PM	\$5.00 Per Class
SWIMMING	MON-FRI	8:30-11AM	\$3.00 Per Class
TAP DANCING	TUESDAY	2:30PM	
Wii	THURSDAY	5:00 PM	
YOGA	TUESDAY	8:30 AM	\$5.00 Per Class
	THURSDAY	3:00 PM	\$5.00 Per Class

**If there is an activity
 you would like to
 see offered at the
 Senior Center please
 stop by the office or
 use the suggestion box located
 by the front entrance.**

INFORMATION & ASSISTANCE PROGRAMS

TRANSPORTATION SERVICES:

The Hamilton Senior Center provides transportation to medical appointments and food shopping **ONLY** for Hamilton senior residents. Service runs Monday - Friday.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation to beauty appointments, banks, and local malls.

CALL: 609-530-1971

SATELLITE SURROGATE OFFICE:

Mercer County Surrogate, Diane Gerofsky, provides probate services the Third Tuesday of each month at the Hamilton Senior Center.

CALL: 609-989-6331 to make an appointment.

LEGAL ASSISTANCE:

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments.

CALL: 609-695-6249 to make an appointment

MEDICAL INSURANCE ASSISTANCE:

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

CALL: 609-890-3686 for an appointment

RE-ASSURANCE PROGRAM:

Register **FREE** with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

CALL: 609-581-4033 to Register

NJ SHARES:

Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis.

Applications for Hamilton Senior Residents ONLY.



**Some photos from the red carpet of our first themed Fall Dinner Dance
(October 23, 2014) "Hollywood"**

SENIOR CLUB NEWS

Hamilton Township has many opportunities to join Senior Citizens Clubs. Contact our office at 890-3686 for a list of clubs and for information on how to join them. Senior Clubs requesting meeting space in the Switlik Park and McMannimon Centers must contact the Recreation office at 890-4028.

BECOME A MEMBER

Thinking about becoming a member or know someone that wants to join? Hamilton Senior Photo Identification Cards can issued at the office everyday between the hours of 9 - 11 AM & 1:30 - 3:30 PM. Call 890-3686 for information. You must be 60 years of age and make sure to bring documents with your name & Hamilton address on it. (Tax bill, utility bill, bank statements are accepted.)

CELL PHONE COLLECTION

The Hamilton Senior Center collects old cell phones to be recycled to raise money for new programming at the center and will also be given to seniors to use for Emergency 911 purposes only. Please bring old cell phones to the front office.

WEBSITE INFORMATION AND LINKS

Visit the Hamilton Township Senior Center website at www.hamiltonnj.com and be informed of the center's hours, transportation services, computer classes, upcoming events, activities and trips.

VOLUNTEER OPPORTUNITIES

The Senior Center welcomes volunteers as Choral Group Leaders, Piano Players, Office Helpers, Line Dance Leaders, Panera Bread Helpers, Trip Chaperones, Theatre Group Members and Exercise Instructors. If you have an interest to volunteer at the Senior Center, please see the office staff or call 890-3686 for more information.

THANK YOU VOLUNTEERS!

The staff of the senior center would like to say a special "Thank You" to all of our wonderful volunteers! Their special talents & contributions each day make our center a wonderful place to work and visit!

SENIOR CRAFT CASE

Visit our Senior Craft Case! It is located in the Main Hallway near the restrooms. We have a case filled with baby items, scarves, hats, aprons, blankets and much more, all made by our senior crafters. Buy them for yourself or as gifts for loved ones. Ask for assistance in the office to see these great items!

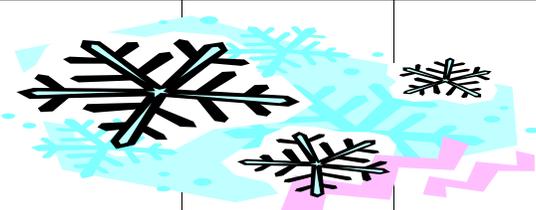
VETERANS INFORMATION

State Veterans Service Office
28 West State Street
Trenton NJ 08625
609-292-5580

Mercer County Veterans Services
2280 Hamilton Avenue
Hamilton NJ 08619
609-989-6120



JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Center Closed Happy New Year	2 Chair Exercise Dominoes	3
4	5 Line Dancing Bingo Bereavement Group	6 Splash Fitness Chair Exercise Choral Group Spin Tap Dancing Yoga	7 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	8 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	9 Chair Exercise Dominoes Ballroom	10
11	12 Line Dancing Bingo	13 Splash Fitness Chair Exercise Choral Group Spin Tap Dancing Yoga	14 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	15 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	16 Chair Exercise Dominoes Ballroom	17
18	19 Center Closed MLK Jr Day	20 Splash Fitness Chair Exercise Choral Group Spin Tap Dancing RWJ Surrogate	21 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	22 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	23 Chair Exercise Dominoes Ballroom	24
25	26 Line Dancing Bingo NEC	27 Splash Fitness Chair Exercise Choral Group Spin Tap Dancing Yoga	28 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg RWJ	29 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	30 Chair Exercise Dominoes Ballroom	31

Quarterly Quote:
"Kindness is the language which the deaf can hear and the blind can see."
-Mark Twain

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Line Dancing Bingo Bereavement Group SuperBowl Contest	3 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	4 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	5 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	6 Chair Exercise Dominoes Ballroom Wear Red Day	7
8	9 Line Dancing Bingo	10 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	11 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	12 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	13 Center Closed Presidents Holiday	14
15	16 Center Closed Presidents Holiday	17 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes Surrogate	18 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	19 Splash Fitness Line Dancing Chair Exercise Yoga Fire & Ice Party 4:30PM No Bingo	20 Chair Exercise Dominoes Ballroom	21
22	23 Line Dancing Bingo NEC	24 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	25 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	26 Splash Fitness Line Dancing Bingo Chair Exercise Yoga Party SnowDate	27 Chair Exercise Dominoes Ballroom	28

NOTE:

THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANE LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED. THANK YOU FOR YOUR COOPERATION.

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Line Dancing Bingo Bereavement Group	3 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	4 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	5 Splash Fitness Line Dancing Bingo Chair Exercise Yoga	6 Chair Exercise Dominoes Ballroom	7
8	9 Line Dancing Bingo	10 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	11 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg AC Trip	12 Splash Fitness Line Dancing Bingo Chair Exercise Yoga CHS	13 Chair Exercise Dominoes Ballroom	14
15	16 Line Dancing Bingo	17 Splash Fitness Chair Exercise Taxes St Patrick's Bash 3:30 PM	18 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	19 Splash Fitness Line Dancing Chair Exercise Yoga Canvas Painting	20 Chair Exercise Dominoes	21
22	23 Line Dancing Bingo	24 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes	25 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	26 Splash Fitness Line Dancing Chair Exercise Yoga	27 Chair Exercise Dominoes Ballroom	28
29	30 Line Dancing Bingo NEC	31 Splash Fitness Chair Exercise Choral Group Tap Dancing Taxes				

REMINDER:

**THE SENIOR CENTER IS OPEN THURSDAY EVENINGS UNTIL 7:00 PM!
ENJOY A CUP OF COFFEE, PLAY BOCCE, POOL, CARDS, PUZZELS, Wii
RUMMIKUB, WATCH A MOVIE OR JUST SOCIALIZE.**

